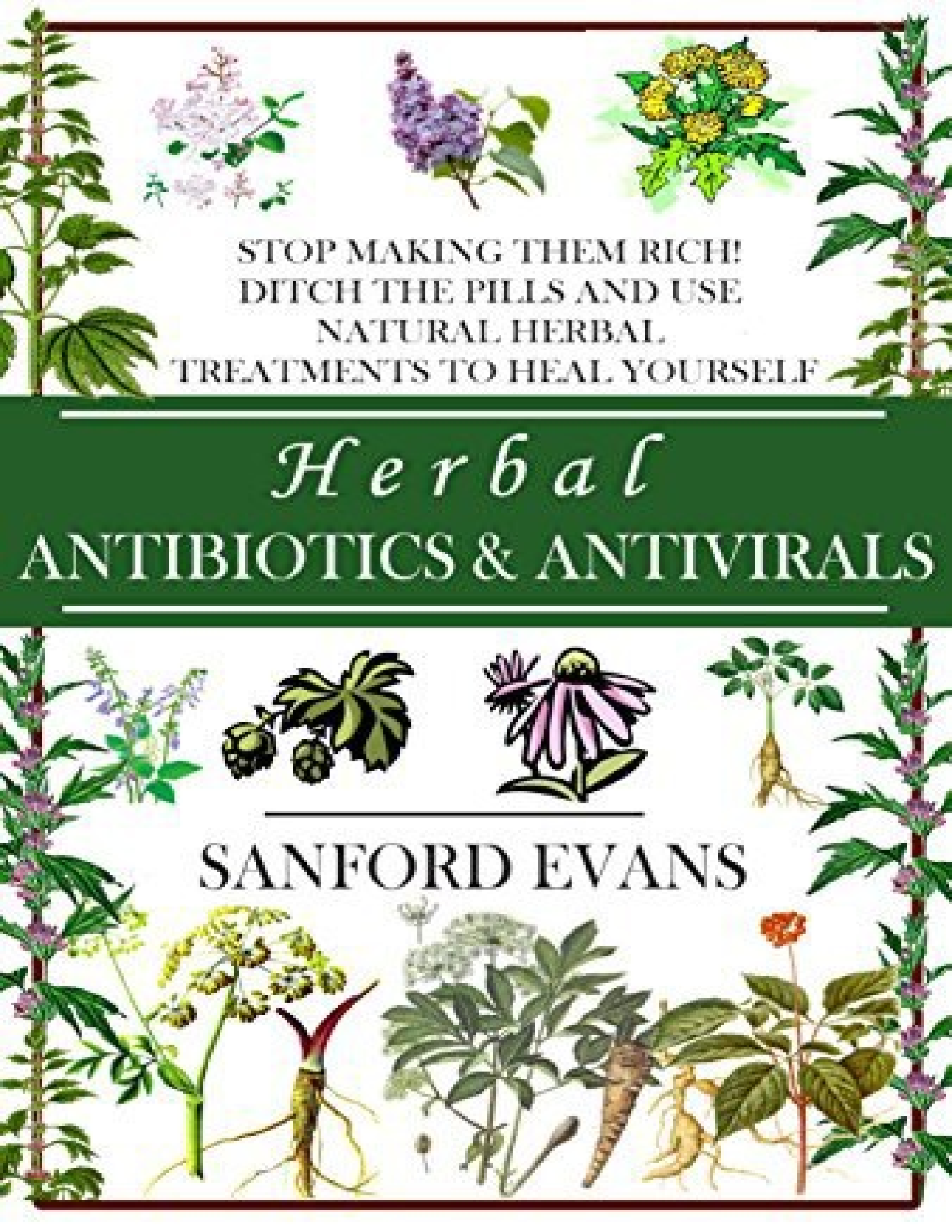

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DITCH THE PILLS AND USE
NATURAL HERBAL
TREATMENTS TO HEAL YOURSELF

Herbal

ANTIBIOTICS & ANTIVIRALS

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Herbal Antibiotics

and

Antivirals

Stop Making Them Rich! Ditch the Pills Use Natural Herbal Treatments to Heal Yourself

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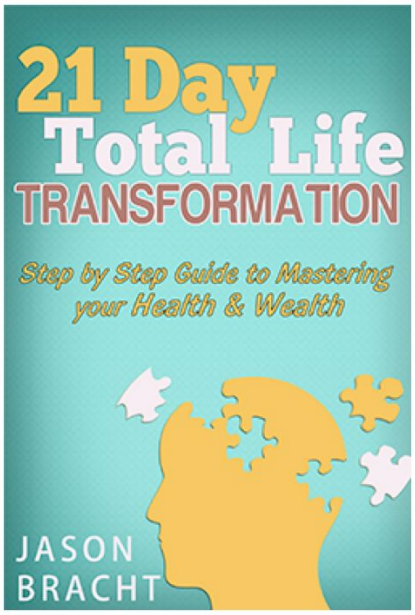

I have written an E-Book that I believe will help anyone who wants to make a lasting change in their life. The title is 21 Day Total Life Transformation. All you have to do is go to JasonBracht.com enter your email address and I will deliver it directly to your inbox.

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HERBAL ANTIBIOTICS AND ANTIVIRALS

Contents

INTRODUCTION

HERBS THAT STRENGTHEN YOUR FIRST LINE OF DEFENSE – THE IMMUNE SYSTEM!

HERBS THAT CAN KILL BACTERIA – HERBAL ANTIBIOTICS!

HERBS THAT CAN KILL VIRUSES – HERBAL ANTIVIRALS!

MAKING YOUR MEDICINES:

THANK YOU

INTRODUCTION

Have you heard this quote before?

“Love: Before I heard the doctors tell the dangers of a kiss; I had considered kissing you. The nearest thing to bliss! But now I know biology and sit and sigh and moan; six million mad bacteria and I thought we were alone!”

This quote, in a wonderful way, provides an indication of the number of bacteria thriving in your oral cavity alone!

But then what is the big deal?

Science has miraculously invented antibiotics, hasn’t it? Antibiotics are the substances that have the potential to kill bacteria and other similar substances. They cannot kill viruses though!

Oh my God! Viruses too…

Well, here is an interesting fact about viruses.

God forbid, if you do get infected by the flu virus, then every infected cell in your airway will produce approximately 10,000 new viruses. Did you know that the total number of flu viruses in your body can rise to as high as 100 trillion within a week? And this means that the viruses in your body are around 10,000 times more than the people on this earth!

Now, that’s a scary situation to be in, isn’t it?

But antibiotics do not kill viruses! So, how do we handle the situation now?

Once again the miraculous medical science comes to the rescue. It provides you an option to use antivirals – substances that can kill viruses but not bacteria!

Now that seems funny – the substances that can kill bacteria cannot kill viruses and the substances that can kill viruses cannot kill bacteria. And then there are substances that can prevent bacteria from growing and multiplying further. These are called bacteriostatic substances.

What if you could use antiseptics all the time? Well, antiseptics can only kill living organisms on a surface and yes, they are 95% effective. So, there is still scope of 5% infection via the things that you use every day – the chair that you sit on, the computer that you operate, the table that you use, your kitchen countertop, your dining table, sofa, bed – almost everything!

But why so much fuss about this now?

We are lucky to be born at a time when the medical science is greatly advanced and we do not witness people falling prey to diseases such as pneumonia, cholera, tuberculosis, etc. Therefore, we are led to believe that a pandemic like uncontrollable situation would never occur!

But here is the reality: the situation is already out of control! Here is an example: A few years ago, swine flu spread across the world. A number of people died, a few were hospitalized and some were given strong antivirals and then they managed themselves at home. Almost everybody was seen wearing masks in an effort to protect themselves and yet, so many were getting impacted! It was a sad state to be in!

But, then there were still some individuals who managed to protect themselves from this danger. How? Were they more blessed than the people who suffered? Well, somehow yes! Because they consciously or unconsciously worked on strengthening their immunity. Some of them did not know how they could strengthen their immunity but still managed to do so owing to the naturally healthy lifestyle that they preferred. The others worked on this consciously.

The breakout of swine flu is just one example. There is a possibility that we soon begin to witness how antibiotics and antiviral will be of little help owing to a compromised immune system. The world may not be left with any option but to learn and apply alternatives. And believe you me, there are hundreds of alternatives available out there! It is just a matter of getting yourself educated and then applying these principles in your daily routine.

You will still hear some arrogant medical scientists look at these as ‘folklore medicines’, ‘superstitions’ or ‘old wives tales’. However, you must remember that the real threat is antibiotics and antivirals. They contribute a great deal in weakening your immune system. Talking from a layman perspective – you do not develop resistance to an infection but need them when impacted by a virus or a bacteria. So, you get impacted - consume antibiotics – does not help in making your immune system competent of developing resistance to further infections – therefore, you get impacted once again – you consume them once again – weakening your immune system further – you need stronger antibiotics the next time you get impacted - the cycle continues. The more you consume them, the more you need them in future. Now, isn’t that a threat? And this threat is only caused because our modern day physicians and scientists ignored the so called ‘superstitious remedies’ and started believing in a fairy tale living with antibiotics and antivirals.

This book is aimed at educating you with some basic herbal antivirals and antibiotics that you can incorporate in your day to day life for a naturally stronger immune system that reduces your dependency on the modern day pharmaceutical antibiotics.

All that you need to understand is that a weak immune system is the cause of all diseases. If you do want to live a healthy life without succumbing to various diseases, you do need to work on strengthening your immune system. A positive mental attitude will be a bonus!

And I urge you to take the end of pharmaceutical antibiotics and antivirals extremely seriously. Because the main problem today is not antibiotics – it is resistance to antibiotics. No doubt antibiotics and antivirals have helped save millions of lives, but they have also ensured that the immune system weakens and resistance to antibiotics develops in these millions of individuals. The pathogens (the viruses and the bacteria) no longer get impacted by antibiotics and antivirals – they become resistant to these!

HERBS THAT STRENGTHEN YOUR FIRST LINE OF DEFENSE – THE IMMUNE SYSTEM!

The complex linkage of cells, tissues and organs that work together in collaboration with each other to protect your body against attack by any foreign invader such as the bacteria and the viruses is termed as the immune system.

Your immune system possesses the capability to identify millions and trillions of enemies and in response produces specific secretions to combat them. It is really a very complex linkage with a fairly sophisticated communications network made up of multiple layers of defense mechanisms and is at times self-learning.

Here are a few herbs that can naturally strengthen your immune system:

Ashwagandha: Ashwagandha is one of the most popular Ayurvedic herbs, now used in the Western world too! It is an adaptogenic herb – an herb used to enhance athletic ability and physical energy. It improves your immunity to infections, and also increases sexual capacity and fertility. Experiments with rodents have demonstrated a significant elevation in the white blood cells count post consumption of Ashwagandha. It leaves a mild sedative impact on your central nervous system and is also a good muscle relaxant. It also aids in regulating your blood sugar levels and is probably the only herb that can help your body manufacture its own thyroid hormones. Significant research proves that Ashwagandha can serve as a promising alternative for the prevention and treatment of cancer.

If used in combination with Licorice, Ashwagandha demonstrates significant antioxidant properties and also helps in maintaining a healthy cholesterol level.

Large doses of this herb may lead to diarrohea and discomfort. It also induces uterine contractions and must not be consumed during pregnancy as it may lead to abortions.

The recommended dosage is approximately 800mg of herb to be consumed every day. It is suggested that a teaspoon of Ashwagandha be dissolved in a cup of hot milk and consumed every night before bed time. This will not only give you an entry pass to your sweet slumber every day, but also provide you with the much needed immunity boost!

Astragalus: Astragalus is a perennial herb belonging to the pea family and shows remarkable benefits in immune system enhancement. Significant research has been conducted on the immunostimulatory impact of astragalus. Research also proves that this herb has a remarkable ability to restore the activity of a compromised immune system. There is ample evidence that proves the usefulness of astralagus in preventing common cold. It is also a useful aid in cancer therapies, and is therefore used as a complementary treatment during radiation therapy, chemotherapy or

immune deficiency syndrome. It elevates your immune system over time and helps you build resistance to disease. It is often used in conjunction with Echinacea to deliver an extra short term improvement in immunity. Enough evidence is available for improvement in cardiovascular functions, myocardial infarction and angina attacks. It is also used with ligustrum to treat various kinds of cancers.

In Chinese medicine, the root of Astragalus is used as a decoction. The other parts of the herb can be cooked with food in the form of a stew or rice. This should be cooked on slow flame for at least an hour. The recommended dose is between 10-30 grams. It can also be applied topically as a poultice to heal certain kinds of infections. Around 40 drops of Astragalus tincture can be used every day. You can also use around 30 grams of Astragalus root to prepare three cups of Astragalus tea that can be consumed three times in a day.

Echinacea: Echinacea is sometimes the best thing to use during the cold and flu season, especially if you have a tendency to consistently catch these illnesses. Appropriate use of this herb can work wonders on your common cold.

The reason for this is that Echinacea boosts the overall activity of the cells that are responsible for combating any kind of infection. Unlike antibiotics, which directly attack bacteria, the herb Echinacea works on making your own immune system cells more efficient at attacking viruses, bacteria and even cancer cells. It enhances the amount and activity of your immune system cells which include the anti-cancer cells. The herb also promotes T-cell activation, boosts new tissue growth that helps in wound healing and diminishes inflammation in diseases such as arthritis.

The mechanism of action through which this herb works is through stimulation of phagocytosis (which is the ingestion of invading bacteria and viruses by lymphocytes and white blood cells). Consuming Echinacea extract every day can boost phagocytosis by around thirty percent.

Echinacea also elevates the number of interferons along with some significant products of the immune system, such as the "Tumor Necrosis Factor", which helps your body to fight against cancer.

Echinacea also prevents the enzyme secretion by bacteria which hampers them from gaining access to your healthy cells.

It is also useful to treat external wounds since it combats yeast, fights bacteria and helps the body in building new tissue.

Some people consume it in the form of an Echinacea tea. Since it does not taste too great, a tincture is usually recommended. Just consume ½ teaspoons of Echinacea tincture thrice a day for three weeks continuously and then discontinue the usage for one week. You may start once again after abstaining for a week.

Reishi: Reishi mushrooms do not find their use in cooking due to their hard texture and bitter taste. You may not be able to locate them at your favorite market. Exclusively used for medicinal purposes, these mushrooms can provide you with loads of health benefits. The Chinese practitioners often refer to this herb as the 'king of herbs'.

The fruit and the reproductive part of the plant are used for boosting immunity. Reishi mushrooms can actually be cultivated in appropriate conditions and used in medicine.

Reishi mushroom has been used in Eastern medicine (especially Japan and China) to promote vitality, vigor and good health.

It is now prominent in the Western world too where it is used mostly in the form of elixirs that can provide a boost to the immunity.

The Reishi mushrooms are really strong antioxidants that can help you stimulate your immune system when used in conjunction with other antioxidants. These are also known to suppress the growth of tumor in people impacted by cancer. The healing impact of the herb makes it useful in colds, coughs and allergies. It is also used to treat Alzheimer's and cardiovascular disorders. All other inflammatory conditions such as arthritis and neuralgia can be treated through the use of Reishi mushrooms.

Reishi contains a polysaccharide named beta glucan. This is one of the strongest known supplements for elevating your immune system.

The recommended dosage is 500 mg every day if consumed in the form of a tablet. Around 5 grams can be used every day in the form of dried Reishi mushroom that can be used to prepare your

tea. If you are more adventurous, you may want to use this dried powder in your soups and stews.

Rhodiola: Rhodiola rosea is simply a magnificent herb that has been used since time immemorial for its adaptogenic and immune strengthening properties. It is believed to reinforce your nervous system, battle depression, elevate immunity, improve the capacity for exercise, boost memory, help in weight loss, elevate sexual function and boost energy levels. It is one of the best known adaptogents – substances that enhance your body's overall immunity and help in balancing bodily functions.

Rhodiola has been prescribed in Chinese medicine as a treatment for flu and cold. The Mongolians used this for cancer and tuberculosis.

It has a reputation for stimulating the nervous system, treating hypertension and headaches, eradicating depression, improving work performance, eradicating fatigue, and also preventing high altitude sickness.

It protects and stimulates your immune system by restoring homeostasis in the body. This elevates the number of killer cells in your spleen and stomach. It also increases the body's resistance to toxins, one of the main reasons why it is considered really impactful in prevention from cancer. It also helps in muscle recovery and promotes strength and memory.

Rhodiola is available in liquid, capsule and tea form. It is sold alone or in conjunction with other adaptogenic drugs.

HERBS THAT CAN KILL BACTERIA – HERBAL ANTIBIOTICS!

SYSTEMIC HERBS:

The following five herbs are extremely helpful in treating systemic infections such as tuberculosis, malaria, MRSA and resistant staphylococcus:

Cryptolepis sanguinolenta: The root of the herb, Cryptolepis sanguinolenta is used in traditional African medicine to treat a number of diseases such as jaundice, malaria, urinary tract infections, hepatitis, hypertension, stomach ache and other inflammatory conditions. There is no evidence of toxicity even if the roots of this herb are consumed every day for years at a stretch. Loads of interesting pharmacological properties are present in the crude extract as well as other alkaloidal constituents of the plant.

The dried extract of this herb is available in the form of teabags that can be consumed every day. People in Ghana have been consuming this to prevent themselves from the falciparum bacteria.

Sida acuta: The leaves of Sida acuta are ovate, toothed and cordate. The fruit is disc like. The plant contains chlorides, alkaline sulphate, asparagine, ash, calcium carbonate and magnesium phosphate. The roots of this herb are considered to be cooling, tonic, astringent, bitter, demulcent, febrifuge, and diuretic. It is often used to treat bacterial infections, fever, nervous system disorders, sciatica, facial paralysis and promotes wound healing.

The preferred mode of consumption is via decoction, usually given to patients suffering from intermittent fever and chills. The juice from the roots is often used to hasten the process of wound healing. Powder of the bark and root is consumed with sugar and milk to ease the process of micturition. An extremely useful oil is prepared by addition of sesame oil and milk in the decoction of

Sida acuta. This is impactful in treating disorders of the nervous system, sciatica and facial paralysis. The leaves of the plant can be cooked and eaten in order to cure bleeding piles.

A very important thing to understand here is the Ayurvedic concept of doshas. According to Ayurveda, there are three doshas: vata, pitta and kapha. A balance between the three doshas is imperative for optimal health. Sida acuta is one of the few herbs that ensure optimal balance between the three doshas.

Alchornea cordifolia: On investigation of the leaves, stem and root barks of the Alchornea cordifolia plant, it was found that the herb demonstrated significant antimicrobial activity against *Bacillus subtilis*, *Pseudomonas aeruginosa* and *Escherichia coli (or E. coli)*. It is an extremely impactful herbal antibiotic that can ensure prevention and treatment of diseases.

“The 50% aqueous ethanol extract of Alchornea cordifolia (Schum and Thonn) Muell. Arg. leaf was screened for activity against 74 microbial strains representing aerobic, facultative and anaerobic bacteria as well as fungi. The panel of test strains included organisms from culture collections as well as clinical and environmental isolates. A concentration of 5 mg/mL of extract inhibited 36.5% of the isolates and 95.9% were inhibited by a concentration of 20 mg/mL. Only three strains, all filamentous fungi, were not susceptible to 40 mg/mL of the extract, the highest concentration tested. The extract showed the best activity against gram-positive bacteria and yeasts with inhibitory concentrations against these organisms being under 5 mg/mL. The results demonstrate that the A. cordifolia extract has a very broad spectrum of activity and suggests that it may be useful in the treatment of various microbial infections.” - published in Pubmed link: http://www.ncbi.nlm.nih.gov/pubmed/10189955)\

Bidens pilosa: Bidens pilosa is used as a medicinal plant in Africa, Asia and tropical America. The leaves, roots and seeds possess amazing antidysenteric, antibacterial, anti-inflammatory, antimalarial, antimicrobial, hepato-protective, diuretic and

hypotensive activities. Medicinally, the herb is used in five different manners:

- the sap from crushed leaves is used to hasten the process of clotting of blood in fresh wounds
- a decoction made from leaves is used to treat headaches
- the sap from the plant is used in the form of drops to treat ear infection
- a decoction made from the leaf powder is utilized to treat kidney problems
- and a herbal tea is made from the plant to eliminate flatulence

Extracts from the plant, Bidens pilosa have been used in Southern Africa to cure malaria. It is used in Zimbabwe to cure mouth and stomach ulcers, headaches and diarrhea. The water that is left over from cooking this herb is retained for this purpose. A suspension created from powdered leaves is also used as enema to treat abdominal discomfort. People in Congo use the concoction from the whole plant as a poison antidote. They also use it to ease the process of child delivery and to ease the pain emerging from hernia. The South Africans use decoctions of the plant to treat inflammatory conditions such as arthritis. The herb also finds use in the treatment of dysentery and jaundice. The sap from the plant can be used to treat burns. The powder derived from the seeds is used in the form of a local anesthetic for wounds and cuts. It is even used to treat swollen spleen in children. The plant, therefore, helps in fighting against bacteria, is a powerful immune booster and is often used as an anti-inflammatory.

Artemisia annua: This is a sweetly aromatic herb with tiny yellow flower heads and contains the chemical artemisinin. The aerial parts of the plant are used in making anti-malarial drugs. The plant is also called sweet wormwood. The herb has been used in traditional Chinese medicine to treat fever, jaundice, dizziness, headache and nosebleeds. The chemical artemisinin is an extremely powerful antimalarial. It can, in fact, kill the most deadly malarial parasite.

NON SYSTEMIC HERBS

The next three herbs are impactful in treating infections of the urinary tract, GI tract and the skin:

American goldenseal*:* The root of American goldenseal or Hydrastis Canadens is valued as a stomachic, tonic and also used for application for sore eyes. It works very well in cases of general ulceration and has an extremely impactful action against the bacteria that cause food poisoning e.g. Salmonella and E. coli.

The mechanism of action is laxative, tonic and alterative. It is one of the best remedies for digestive disorders and demonstrates a special action on the mucous membrane. This makes it a valuable remedy for catarrh. The herb has demonstrated awesome results in treating hemorrhoids and is used in chronic inflammation of the rectum and the colon. It is administered in the form of injections to treat hemorrhoids with great success rates. The powder from dried root of Goldenseal is used as a snuff for nasal catarrh.

The herb is used in dyspepsia, loss of appetite, gastric catarrh, and liver troubles. It is a great stomach tonic for habitual constipation and an excellent remedy for vomiting and sickness.

It is used in tea as a decoction or an infusion. It is also available in liquid form or in the form of capsules. Poultices are also used for topical application.

Juniper: Juniper grows wild in some parts of North America, Europe and Asia. The tree is short to medium height, with the most popular variety being Juniper communis. Juniper berry is used to make medicines. These include the extract of Juniper berry as well as the essential oil of the herb. Juniper has been used since long for problems related to the digestive tract such as flatulence, heartburn, stomach upset, bloating, loss of appetite and intestinal worms. It is also used for bladder and kidney stones as well as infections of the urinary tract. It is extremely impactful in treating snakebites, cancer and diabetes. The essential oil is often inhaled to treat bronchitis.

Juniper not only decreases gas and inflammation but also fights viruses and bacteria.

Usnea: Usnea is a variety of lichen that grows on trees. Though lichens appear to be single plants, they are a demonstration of the symbiotic relationship between algae and fungi. They thrive in flat, colorful patches. Usnea may be black, reddish or whitish. The plant body of the herb is used for medicinal purposes.

Usnea is typically used for pain relief, weight management, wound healing and fever control. It also helps in healing cough. It can be used on the skin of the mouth and throat in case of sore throat and mouth ulcers. It is extremely impactful in case of tonsillitis. The ingredients in the plant enable it to combat those bacteria and therefore fight infections.

Honey: Today, many people embrace honey owing to its anti-inflammatory and antibacterial properties. It is often regarded as one of nature's best all-round remedies by holistic practitioners. Honey hampers the growth of pathogens such as Salmonella and E. coli. It also fights against bacteria such as Pseudomonas aeruginosa and Staphylococcus aureus.

You will notice that some kinds of honey are lighter whereas some are darker. The one that is darker has better antioxidant and antibacterial powers.

SYNERGISTIC HERBS:

These herbs enhance the activity of other herbs by elevating the number of antibacterial agents in the body and therefore, improving the overall immune function.

Licorice: The licorice root with its long list of uses is in reality one of the most overlooked herbal remedies. The herb's key therapeutic compound is called glycyrrhizin (and this is at least fifty times sweeter than sugar) which makes it a prized herb for treating a host of ailments. Licorice is known to elevate the overall immune system of the body.

The *listed benefits* of the herb include:

- The glycyrrhizic acid in Licorice presents great benefits in treating anxiety, nervousness and depression.

- The Licorice root elevates the flow of bile and eventually controls the cholesterol levels by eliminating excess cholesterol from the body.
- The antiviral action of the herb aids in treating herpes and shingles.
- Poultices and salves made by the herb are used to treat psoriasis, eczema, dry skin and skin rashes.
- It soothes the digestive system and helps in stomach problems.
- It is even used for weight reduction.
- It prevents gastrointestinal ulcers.
- The spasmodic, anti-inflammatory and estrogenic action is a great help during menstrual cramps, mood swings, bloating and nausea.
- It is useful in hormonal problems such as mood swings, exhaustion and hot flashes.
- It is really useful in treatment of polycystic ovarian disease.
- It is also an unwinding expectorant.

Usage guidelines:

Licorice is best consumed as tea. In order to prepare this tea, the root of the herb is cut into one inch pieces and placed between layers of wax paper. The pieces are then broken using a sledge and a powder is prepared using a pestle and mortar. A teaspoon of this powder is then placed in a cheesecloth which is further placed in a pot full of boiling water. This is allowed to steep in for around ten minutes and sweetened with honey.

Ginger: Pleasantly spicy, pungent and aromatic – ginger is often used as a special component in Asian curries, fruit dishes, biscuits and pies. The flesh of ginger can be white, yellow or red in color depending on the variety used.

The *listed benefits* of the herb include:

- Ginger contains zinc, magnesium and chromium which aids in blood circulation and protection against fever, chills and excessive sweat.
- It is an extremely powerful remedy for motion sickness.
- It enhances the absorption of essential nutrients in the body.
- It is a sure shot treatment for flu and cold.
- Ginger also helps in digestion.
- It reduces pain and inflammation.

- It helps in combating respiratory problems such as cough and congestion.
- It guards against colorectal cancer.
- Ginger powder is known to initiate cell death in ovarian cancer cells.
- It strengthens immunity and fights morning sickness.

Usage guidelines:

- You can add two tablespoons of shredded ginger in a cupful of hot water to prepare your healthy cup of tasty ginger tea. A teaspoon of honey not only sweetens the tea, but also works on elevating your immunity.
- Freshly grated ginger can be combined with water, lemon juice and cane sugar to prepare an interesting and healthy lemonade
- Just mix ginger, garlic, soy sauce and olives for a healthy salad dressing.
- Your curries and stir fries can be spiced up with a teaspoon of shredded ginger.

Black pepper: A number of people today consume black pepper. What they do not know is that they are unconsciously working towards enhancing their immunity. Medicinally black pepper is consumed to soothe an upset stomach, treat bronchitis and help in cancer. The anti-bacterial action makes it really useful in treating cholera and malaria. The anti-inflammatory action makes it a useful component in treating scabies. It is used to relieve nerve pains as well.

Basil: Basil is often called the king of herbs due to the presence of high quantity of phytonutrients in the herb. It is also referred to as the 'holy herb' in many countries across the world.

The *listed benefits* of Basil include:

- Basil leaves demonstrate some great health promoting and disease preventing benefits.
- The polyphenolic flavonoids that are present in the herb provide it some amazing antioxidant benefits.
- The essential oils present in Basil (such as eugenol, linalool, terpineol, etc.) have excellent anti-bacterial and anti-inflammatory properties.
- Vitamin K in basil helps in strengthening of bones.
- It is a great source of minerals such as copper, iron, magnesium and manganese.

- Basil is a rich source of vitamin A, betacarotene, lutein and cryptoxanthin which make it great to fight aging and maintain good health
- Basil is even useful for arthritis and neuralgia.
- It can clear the sinuses and provide protection against colds and flu.

Usage guidelines:

- Basil oil can be used topically to aid in cramps, rheumatism and neuralgia.
- A pinch of basil snuff is an easy and excellent remedy for blocked sinuses.
- Suffering from blocked sinuses and congestion? No problem! Just pour yourself some warm water over a teaspoon of basil powder and let it steep for ten minutes. Drink this while warm like a herbal tea to experience immediate relief.

Cayenne pepper: Cayenne pepper (also called capsicum) has been used therapeutically in the Chinese and the American societies since time immemorial. It helps in neutralizing acidity and elevating circulation.

The listed benefits include:

- Cayenne possesses some amazing anti irritant properties and therefore is excellent for an upset stomach, sore throat or that irritating cough.
- It is an antispasmodic and eases stomach ulcers too!
- It helps in clearing the accumulated mucus and therefore provides significant relief from cold.
- It is a very impactful anti-fungal and anti-bacterial agent.
- It helps in relieving allergies too.
- It stimulates your digestive tract, relieves intestinal gas and metabolizes toxins and foods.
- It enhances the production of saliva which ensures that you always maintain great oral health.
- Cayenne also eliminates atherosclerosis, therefore, eradicating one of the major factors leading to heart attack.
- Cayenne is a circulatory stimulant that elevates the natural detoxification process in your body.
- It is impactful in a number of degenerative and chronic conditions.
- It also elevates your ability to sweat, which is another great mechanism to detoxification.

- It is a powerful joint pain reliever and a potent anti-cancer agent.
- Cayenne is an excellent remedy for gum and tooth diseases.
- Cayenne pepper poultice is used to treat wounds, rheumatism, snake bites and sores.

Usage guidelines:

- In order to prepare the Cayenne pepper ointment, you just need to add one teaspoon of cayenne to 2 oz. of vegetable lard and heat the mixture on a very slow flame for around five minutes. Don't forget to keep stirring consistently. You can pour the mixture into a jar and leave it for cooling once it reaches the desired consistency. Feel free to use it over areas that have become severely chilled. Avoid using the ointment over delicate areas.
- Including Cayenne pepper in your daily diet can help you recover from anorexia or loss of appetite.
- Cayenne pepper can come as a healthy alternative in cases where you are suffering from a weak digestion and yet having the urge to eat pickles or chutneys. Just mince one cucumber, one head of garlic, one small onion, one tablespoon lime juice and half a teaspoon of Cayenne. Blend these together, pour in a jar and refrigerate. Consume when the temptation to consume pickles becomes unbearable! Good health, natural immunity, no preservatives – the complete package is available in this small jar!

Cinnamon: You have used cinnamon in cakes, pies and puddings. You do love that delicious aroma, don't you? And I do want to mention the bountiful health benefits that it brings.

The *listed benefits* of cinnamon include:

- It helps in reducing your bad cholesterol levels.
- It regulates your blood sugar level and therefore treats type 2 diabetes.
- It is regarded as one of the best antifungals out there as candida cannot thrive in a cinnamon environment.
- It possesses magnificent anti-clotting properties too.
- The aroma of cinnamon juice can stimulate your memory and cognitive abilities.
- It is a wonderful natural remedy for eliminating headaches and migraine attacks.
- It can even relieve an excruciating arthritis pain.

Usage guidelines:

- Consumption of cinnamon in large doses is toxic. However, a little pinch added into your coffee, tea, sandwiches and soups can work wonders.
- A cinnamon wash is a wonderful remedy for vaginitis. A pinch of cinnamon can be added to warm water. This can be used as a vaginal wash. To use, simply wash around the vagina using a cotton-wool ball. Next, immerse a tampon in this water and insert in your vagina. Change the tampon every three hours using the same method.
- A pinch of cinnamon can be added to boiling water in order to prepare a yummy cinnamon tea that can be had in between or before meals. It prevents bloating and flatulence.

Garlic: Garlic is a well-known herbal remedy that has been used since ancient times to treat various ailments. You may want to include it into your daily diet via food or consume it in isolation as a medicine. And look at the beauty of garlic – you do not need to limit yourself to fresh garlic. Dried flakes or powder are just as much impactful.

The listed benefits include:

- Best known for its antiviral and antibacterial properties, garlic helps in controlling bacterial, yeast, fungal, viral and worm infections.
- It provides relief in fungal infections such as athlete's foot and ringworm.
- It is often used as an anti-clotting agent.
- It prevents you from cardiovascular problems such as atherosclerosis and heart attacks.
- It helps in reducing your triglyceride levels and total blood cholesterol levels too.
- You can use garlic every day in order to diminish the frequency of colds.
- It is also used to regulate the level of blood sugar in diabetes.
- It is extremely impactful in treating warts and corns.
- Daily intake of garlic lowers the risk of cancer.
- Garlic also elevates the metabolism of iron.
- It is also used as an aphrodisiac.
- It can provide substantial relief in toothache.
- Garlic can help you reduce weight too!

Usage guidelines:

- You may want to separate the individual cloves by applying gentle pressure with the palm of your hand. You should then peel the garlic with a knife or using your hand. Chopping or cutting the garlic boosts the enzymatic process that is responsible for converting the phytonutrient alliin into allicin. A number of health benefits of garlic are attributed to allicin. Letting the garlic sit for a few minutes before using it maximizes the beneficial properties of allicin.

- Garlic should not be cooked in very hot oil, although the best way to consume it is raw.

- Adding garlic to everyday soups and sauces ensures that you are consuming a little bit of good health every day.

- Crushed garlic can be applied on the tooth for relief from toothache. It might irritate the gums though!

HERBS THAT CAN KILL VIRUSES – HERBAL ANTIVIRALS!

A number of herbs work as antibiotics as well as antivirals. These include:

- Licorice
- American Goldenseal
- Reishi
- Ginger
- Garlic
- Echinacea

This chapter provides information about a few more potent herbal antivirals.

Oregano: Oregano oil is miraculous and contains several compounds, many of which remain unidentified till date. The known compounds include terpenes, phenols, alcohols and esters. The phenols, containing an aromatic hydrocarbon ring, are impactful antioxidants and act on tissues producing a caustic effect. This explains oregano oil's action against microbes and cancer cells. Terpenes are soluble in fat and possess great anesthetic qualities. This makes oregano oil excellent for massage purposes. The ester compounds in the oil are best known for their sedative and anti fungal action. They also enhance the blood flow through the body which leaves you with that feeling of relaxation. Finally, the alcohols in oregano oil do not intoxicate a person, but make it extremely useful in the fight against viruses. The antiviral nature of the oil makes it useful in fight against almost all viruses including the herpes.

The *listed benefits* of the herb include:

- The antiviral and antifungal properties of the oil make it effective for use in gastrointestinal infections.

- The strong anti-fungal action of the oil works in eradicating Candida infections.
- Oregano oil is great to be used in various skin conditions such as nail fungus, muscle aches, cold sores, dandruff and joint pains.
- It can even help in antibiotic resistance.

Usage guidelines:

Do not use oregano oil for long term. A maximum of six drops is recommended for around ten days. It should not be used in pregnant or nursing women, people suffering from hypertension or other heart conditions, children or infants.

Eucalyptus: Eucalyptus is classified as a forest plant and is an extremely common ingredient found in topical pain relievers, massage oil and candies. The oil of the plant contains a chemical called 'Eucalyptol' which is also the most useful component of this plant.

The listed benefits are:

- Antibacterial
- Analgesic
- Anti-inflammatory
- Anti- infectious
- Antiviral
- Expectorant
- Insecticidal

Usage guidelines:

- The oil from the leaves is extracted through the process of steaming.
- The leaves are used in tea or in inhalations.
- The oil is used as an additive in tea, as massage oil or even in a bath.

Chamomile: Chamomile is known for use in herbal decoctions and infusions and is an excellent additive to your kitchen cabinet. It can initiate uterine contractions and is therefore not recommended for consumption in pregnant and nursing women.

Chamomile is known to eliminate the inflammation associated with hemorrhoids.

The chamomile flower is native to Europe, Asia, North America and Australia.

The *listed benefits* of the herb include:

- Chamomile tea is considered to be an antioxidant possessing amazing healing, moisturizing and cleansing properties.
- It is known to kill virus, bacteria and fungi!
- The anti-bacterial properties of this herb can elevate your natural immunity.
- It can impart that healthy glow to your skin and also act as natural skin bleach.
- It disinfects the wounds and accelerates healing.
- It can soothe skin irritations and sun burns.
- It enables you to fight acne too!
- It helps in reduction of under eye circles
- It can act as a wonderful hair lightener.
- It can soothe an irritated scalp and protect against dandruff.
- Since it can relax the uterine muscles, it can prove to be immensely helpful in menstrual cramps.
- It can enable you to get relief from pain resulting from stomach ulcers.
- It can aid in maintaining the blood glucose levels in diabetics.
- It provides protection against migraines.
- It has excellent sedative properties.

Usage guidelines:

- Consuming chamomile tea an hour before bed time can lead you to your perfect sleep haven along with a range of other beauty benefits. Pour some boiling water into a teapot. Add a few apple slices into this water and pound gently. Next, add a few pre- washed flowers into this pot and top it up with two more cups of boiling water. Keep the pot covered just so that the flowers steep in for a few minutes. Strain and relish with a dash of added lemon juice.
- You can make a poultice by mixing the powdered herb with water. This can then be applied to the impacted skin.
- Frozen chamomile tea bags can be placed over the eyes to provide relief from under eye dark circles.

- Chamomile essential oil can be added to hot water and inhaled to soothe an irritated cough.
- Cooled chamomile tea can be used topically to treat hemorrhoids.

Yarrow: The Yarrow plant is a rich source of achilleine, eugenol, camphor, proazulene, sesquiterpene lactones, sterols, tannins and triterpenes. Yarrow is known as an impactful anti-viral, antipyretic, astringent, diaphoretic, antispasmodic, anti-inflammatory, carminative, hemostatic, cholagogue and sedative.

The listed benefits include:

- It is a strong antiviral and is therefore used in flus and colds.
- It is an excellent antipyretic.
- It eases amenorrhea and abdominal cramps.
- It is also used for treatment of stomach ulcers, diarrhea and abscesses caused by bacterial infections.
- It eases menstrual pains and cramps.
- Yarrow also demonstrates a powerful sedative impact.
- The anti-inflammatory property of the plant is used to heal cystitis and urethritis.
- External use in the form of ointments, powders and salves has proven beneficial in treating nosebleed, bruises, wounds and hemorrhoids.

Usage guidelines:

Yarrow tea can be used as a daily nourisher for stomach cramps, menstrual disorders, cardio vascular, immune, circulatory and glandular systems. Always steep the tea for more than ten minutes in order to elevate the strength. You may sweeten it with honey to eradicate the bitter taste.

Pot Marigold or Calendula: The plant is rich in triterpenoid esters, saponins, carotenoids resins and essential oils. Marigold possesses magical anti-inflammatory, antifungal, antiseptic and antispasmodic properties.

The listed benefits include:

- Marigold is an excellent healing agent and is used topically to treat burns, bruises, eczema, sores, hemorrhoids and skin inflammations.

- It can provide substantial relief from swelling and pain resulting from a bee sting. You just need to rub the impacted part with Marigold flowers.
- The antifungal actions of Marigold make it effective in treating athlete’s foot, ringworms and Candida.
- You can even replace the baby powder with Marigold powder; it helps in preventing diaper rashes.
- Marigold is also beneficial in external and internal ulcers.
- It is used internally to relieve gastric ulcers and infections of the throat and mouth.
- It can be used as tea to elevate digestion and soothe menstrual cramps.
- The Marigold tea also aids in cases of constipation and liver disorders.
- An infusion of Marigold can relieve menstrual cramps and colitis.
- Marigold also eases the pain caused due to radiation.

Usage guidelines:

Fresh petals of the herb can be boiled in water and consumed like a tea. Drinking this three times a day can provide substantial relief from gastric problems. Topical application of this tea through a cotton wool can demonstrate significant results in wound healing.

MAKING YOUR MEDICINES:

The process of making medicines begins with harvesting your plants, drying the parts that you need and then storing them for medicinal use.

The first step to this process would be *identification of the plant* that you would like to harvest.

You should then *check the land surrounding the area*. Neither should you be able to hear a busy road, nor should you spot a field of plants that have been sprayed by pesticides.

Proper harvesting of plants will ensure that they smile back at you!

Now, if the plant as well as the land seems to be good to harvest, you can begin the process of gathering your plant.

A number of techniques are prevalent for this purpose. Some people identify a big plant and term it as the *grandmother plant*. They worship this grandmother plant and seek its permission to harvest the surrounding plants. In some cases, the process of harvesting is plain business. Whatever technique you choose to deploy, always remember to harvest with gratitude. This is because you are requesting the plant to share its life force with you, aren't you?

The best time to harvest the above ground *parts of a plant* (including the leaf, stem, flower and bark) is the full moon. Likewise, the parts of a plant that are found below the ground (necessarily the root), can be best harvested during the new moon.

The *most favorable season to harvest* the aboveground parts is the summer and the spring and the most favorable season to harvest the roots is late in the fall or early in the spring.

The *ideal time for harvesting* would be early in the morning when the morning dew has evaporated and the sun is not strong enough to wilt the plant. Always try and harvest on a clear and sunny day.

You must only gather the parts of the plant that you require. In this process, you want to choose the healthy parts only. You should, therefore, carefully choose healthy leaves and discard the ones that have been spoilt by insects and moths. You may cut the entire stem or pinch of the new growth from the top. This will also boost the growth of the plant. Remember to exercise extreme caution while harvesting the roots since this leads to killing the plant. Begin with loosening the earth around the plant to pull out the root gently. Taproots may be a little difficult to harvest and may also break during the process. Always fill the earth back with soil once you have pulled out the roots.

The next logical step would be *drying your herbs* which would need specific effort and technique. Dry all the aboveground parts of the plant, in bunches that are small enough to allow optimum circulation of air. You may hang the plants with strings – these should be hung at a place where they receive optimum circulation of air and are not exposed to direct sunlight. The leaves, stems, bark and flower can be dried in baskets made up of nylon. Metallic baskets are a strict 'no'.

The roots of the plant must be washed carefully before you attempt to dry them. The soil attached to the roots should be washed off. You can now cut them into smaller pieces, wash them and then dry them by placing in baskets.

You should *store all your dried herbs* in airtight containers (preferably made of glass).You can label the jars neatly and store them in a cool, dry place away from direct sunlight.

Now that you understand the process of gathering, drying and storing your plant, let us look at the process of creating your medicines.

PREPARING HERBAL TEAS

You may prepare your herbal tea by the process of decoction or infusion.

Decoctions can extract the medicinal properties from bark, roots, mushrooms and other hard surfaces. In order to achieve the perfect decoction, you would need to chop, grind or grate the parts of the plant. This process may need a little extra effort though. You should break the big parts of the plant into smaller pieces and then grate these into a stainless steel or glass pot. This should be covered with cool water and then brought to a boil by placing over a stovetop. The flame should be reduced once the water starts boiling and the solution must be cooked over low heat for around forty minutes. The solution must be kept to steep overnight.

Infusions can extract the medicinal properties from the stem, leaf, bark, flowers and even some roots. Dried herbs should be rubbed between your palms and fresh ones can just be torn or chopped. This process initiates the release of essential oils from the plants by breaking the cell walls of the plant. The herbs should be placed in a stainless steel or a glass pot and covered with boiling water. The container must be covered just to ensure that the medicinal qualities of this tea do not escape with steam.

A *solar infusion* extracts the medicinal properties of the herb with the help of the sun. You can keep the grated herb covered with water in a glass pot and set it out in the sun. *Lunar infusions* aim at extracting the medicinal properties of the herb, taking help from the moon. The herbs need to be covered with water and kept in moonlight.

The *choice of containers* is extremely important. Always choose containers made of stainless steel, glass or enamel during the process of creating decoctions and infusions. Plastic and aluminum containers may react with the herbs and therefore lead to more harm than good.

You may *steep these* for as much time as you would like to (depending on the strength that you want). Certain herbs, such as chamomile may however turn bitter if left to steep for a long time. On the other hand, there are herbs such as nettle that can be infused overnight. This makes them more mineral rich too!

And the most important thing to be remembered during the process of creating these teas is your *intentions and the power of positive affirmations*. You just need to think about all the positive changes that you would like to welcome in your life and allow the energy from your herb infused water fill you with vigor, vitality and good health.

It should also be remembered that the water from herbs has evaporated during the process of drying them. Dried herbs are therefore more concentrated than the fresh ones. The *basic dosage guideline* for usage in medicinal teas is as under:

- **Dried herbs:** Infusions and decoctions can be prepared by using one tablespoon of dried herbs with a cupful of water.
- **Fresh herbs:** The dosage for usage of fresh herbs will be double of what it is for the dried ones. Therefore, two tablespoons will be required with a cupful of water.

PREPARING TINCTURES

Tinctures are concentrated liquid extracts prepared from medicinal herbs. The liquid that is used to source the medicinal properties of herbs is called the menstrum. Examples of menstrum are alcohol, glycerine and vinegar.

Tinctures can be consumed with water or diluted in water, tea or juice. Adding tinctures to a cup of extremely hot water ensures that alcohol from the tincture evaporates prior to consumption.

A number of methods can be deployed to prepare tinctures. I normally prepare my tinctures from dried herbs and let them soak into the menstrum for at least one full moon cycle.

In order to prepare tinctures, the herbs are chopped and filled in a clean jar, leaving some room for menstrum. Add a little water before adding the final menstrum. Blend everything together. Now, pour the menstrum and secure the lid tightly. Keep this covered for a fortnight. Shake the mixture every day and once you are convinced about the strength that you want (in about a fortnight); strain the mixture, squeezing every bit of medicine from the herb. Pour this into amber colored bottles and store it in a cool and dry place.

PREPARING SALVES

A blend of herbs, oils and wax used on the skin externally, is termed as a salve. Salves protect the skin and are often used in cases of extreme dryness, stings, rashes, diaper rashes, burns, fungus etc. Salves can be prepared in various ways. The most popular method of preparation, however, involves warming a cupful of herb

infused oil in a pan. Add about five tablespoons of chopped beeswax as the oil is heating. Keep stirring continuously. The mixture must be placed in containers and stored in the freezer once it solidifies. You can also pour additional ingredients such as essential oils or vitamin E before packing your salve in containers.

The shelf life for a salve is typically a year. They last longer if placed in a cool and dark place. Lip glosses are prepared in this manner.

Here are some possible salves and balms:

- A *mint chocolate lip balm* may be prepared using cocoa butter and Peppermint essential oil.
- The *decongestant salve* can be prepared using herbs such as Eucalyptus, Rosemary, Thyme or Peppermint.
- The *anti-fungal salve* is prepared using herbs such as Tea tree essential oils and Calendula blossoms.
- A *heal all salve* uses herbs such as Plantain leaf and St. John's wort flowers.

PREPARING COMPRESSES AND POULTICES

Now, this is extremely simple. In order to prepare a compress, you just need to soak a clean cloth in a herbal decoction, infusion or tincture. And poultices can be made by making a paste of dried herbs and mixing it with water. This is then heated to a temperature that the skin can bear.

I do hope that you enjoyed reading the book and are convinced about living a great life without the use of any pharmaceutical antibiotics and antivirals. And this will not only help you eliminate the antibiotic resistance that your body has gotten so used to, but also lead you to experiencing a healthier, happier YOU!

Thank You

Before you go, I want to warmly say “thank you” from the bottom of my heart! I realize that there are many e-books on the market and you decided to purchase this one so I am forever grateful for that.

Thanks a million for reading this book all the way to very end!

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